

# Warming Up to Infrared Sauna's Amazing Heart-health Benefits

If you are seeking super heart-health benefits, you must be a fan of Sunlighten infrared saunas. Regular infrared sauna therapy use provides an excellent natural health pathway to improving heart health, according to new research.

A new study from the February 2011 issue of *Circulation Journal* shows just how positively the heart responds to infrared sauna. It's good news for almost everyone, since we all must be proactive in supporting long-term heart health. In the study, researchers from the Department of Cardiovascular, Respiratory and Metabolic Medicine, Kagoshima University, Japan, showed that oxidative stress in heart patients is remarkably reduced with repeated infrared saunas on a daily basis.

An earlier published report from the same researchers confirms infrared sauna therapy improves heart and vascular function in patients with chronic heart failure (CHF). With this new study, the team discovered plausible reasons why heart health is improved.

It has to do with chronic oxidative stress, the continuing attack on heart function by highly toxic oxygen-free radicals, which worsens with age. The youthful body has the lowest normal levels of oxidative stress, thanks to optimal amounts of a master antioxidant called superoxide dismutase or SOD, which is manufactured from copper and manganese.

In the new study, 40 patients with CHF were divided into two groups with half receiving infrared sauna therapy daily (plus standard medications) for four weeks and the other group receiving standard CHF medications but no infrared sauna sessions.

After four weeks of therapy, concentrations of hydroperoxide and brain natriuretic peptide (BNP) decreased significantly, and the nitric oxide metabolites increased. Hydroperoxide is a key oxidative agent and low normal levels indicate complete or improving heart health. BNP levels in the blood are used for screening and diagnosis of acute congestive heart failure and may be useful to establish prognosis in heart failure. BNP is typically higher in patients with worse outcomes. In contrast, none of these variables changed over the four-week interval in the control group. Nitric oxide is the great relaxant of your arteries and vessels, allowing for healthy



low-normal blood pressure. This was also a great sign of healthy heart factors.

This new study confirms that infrared sauna is a potent health tool. For anybody in need of an advantage when it comes to their heart health, check with your doctor and strongly consider infrared sauna.

## WHY SUNLIGHTEN

Sunlighten infrared saunas bring together the best in eco-construction, technology, health benefits and comfort. They surpass all their competitors and provide an enjoyable experience that is relaxing, restorative and good for your cardiovascular health.

Only Sunlighten can offer clinically backed heating technology. Their proprietary Solocarbon heaters were shown to improve blood pressure health in a clinical study by the University of Missouri, Kansas City, in 2005. Sunlighten is also a partner of the American Heart Association.

Sunlighten's recent breakthrough takes Solocarbon to the next level with Solocarbon Full Spectrum. This is a dynamic heater capable of delivering near, mid and far infrared rays with advanced LED technology. This allows users to customize wavelengths to target their desired health benefit.

Advanced technology and superior quality make Sunlighten the sauna of choice for hundreds of health professionals. But what truly sets them apart is their approach to total wellness. They recently launched an online wellness community—mysunlighten.com. The website was designed to help Sunlighten customers achieve their wellness goals with daily guidance. Customers can upload their biometrics from their sauna sessions to track progress, follow fitness and meal plans and get free advice from online wellness coaches!

There is a model for every size home or apartment and for every budget, and Sunlighten customer service is unsurpassed. For the sake of your heart consider infrared sauna therapy, or for someone close to you whose heart needs a little loving, get them an infrared sauna. The added health benefits will be amazing.

## Resources

Visit [www.sunlighten.com](http://www.sunlighten.com) or call 877-292-0020 and speak with a Sunlighten infrared specialist today.



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## References

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